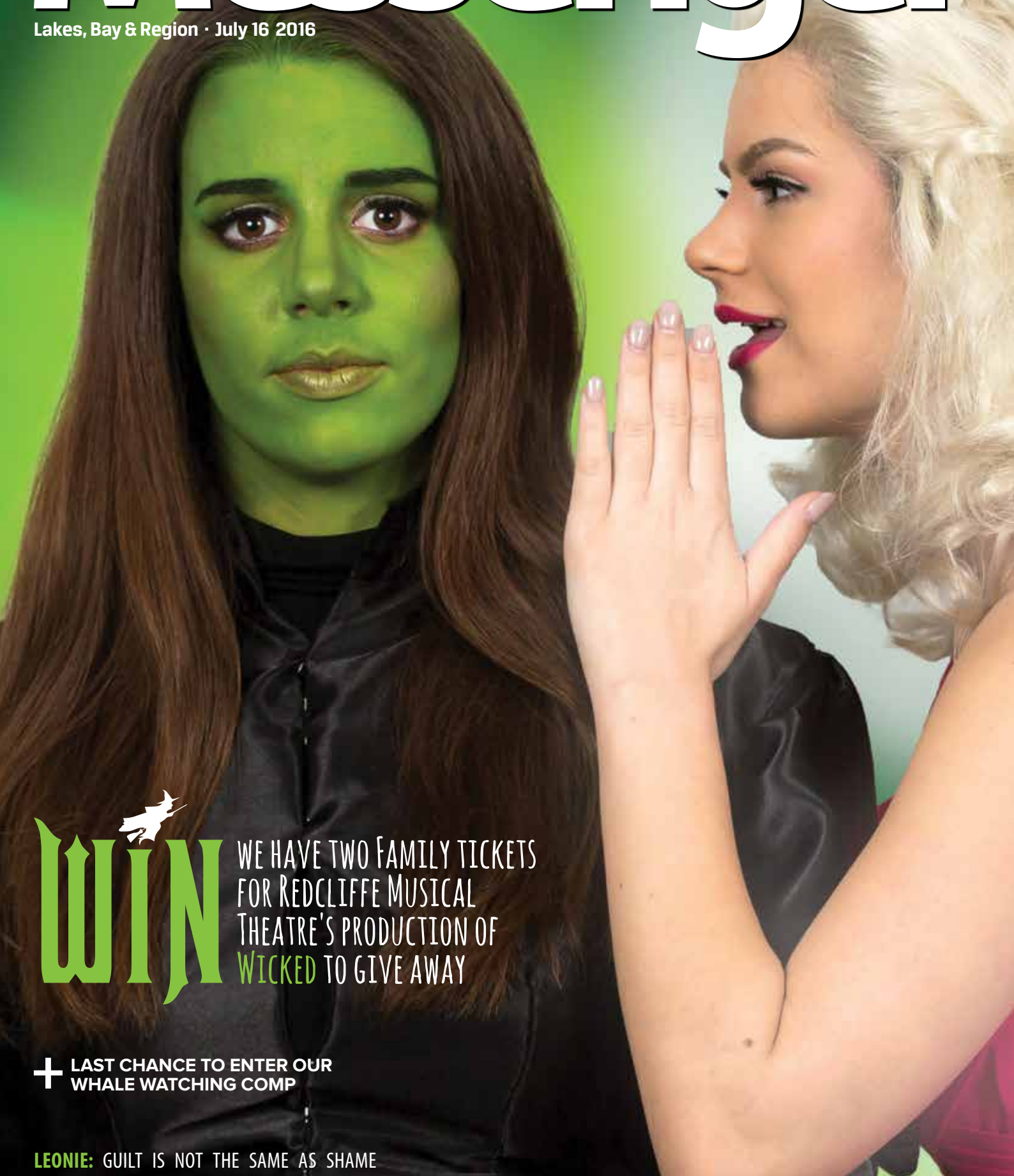


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LINZEN PROPERTY GROUP

Linzen Property Group formed their roots in South Africa, orchestrating and project managed multimillion-dollar development projects. After 25 years of successful business on the home front, Susan Lindeque and her associates moved to Australia in order to pursue alternative business ventures. Adapting to a new housing development market presented an initial challenge for the company; but hands-on learning smoothed the adaptation process, and has allowed sufficient progress over the last six years.

Innovation and integrity are important qualities for Linzen Property Group; they ensure that these qualities are practiced throughout their business, continuously looking for different ways to improve design and construction for each project while still managing to take natural space into consideration. Control of a project is key to its prosperity for the company, but consistent delivery to their clients is another top priority. "We believe that, for the industry, it's important that you focus on what the market wants – what we need to develop; what our product design would be in accordance to that. Then, we basically coordinate our strategies around that. Our developments don't simply involve building housing, they involve building



communities where mom can watch from her window the children playing in the parks or riding safely with their bikes in the street.

In simple terms we create a place called home for families! Linzen Property Group's current focus is Dakabin Crossing, a unique and diverse master plan townhouse development at 140 Alma Road, Dakabin. It is 1 minute away from the Dakabin train station and 3 minutes from the buzzy North Lakes.

The development will include 134 townhouses, 8 apartments and a retail precinct for coffee, bakery shop and convenience store. The development will be pet-friendly and will have a park with walking trails and BBQ. Resident amenities will consist of recreation areas with pool, covered BBQ dining and picnic area including dog walking trail.

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WHAT'S ON

Our guide to what's on

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MISTLETOE MYSTERY - INSIDEOUTSIDE THEATRE CO.

FRIDAY 15 & SATURDAY 16 JULY

The Corso North Lakes

Cost: Adult \$45, table of 8 \$315 (includes booking fee)

This murder mystery is coming to you for Christmas in July and is another interactive, dinner theatre production from InsideOutside Theatre Company.

Renowned private detective Erin Dawes has taken on a new assignment and it is very close to her heart. Set in Santa's Grotto, this murder mystery will keep all you amateur detectives on your toes as you try to crack the case.

Served up over a freshly cooked two course meal, this is an event not to be missed. So dig out your Christmas hat and baubles and join us for a night of fun, good food and intrigue.

The venue is BYO.

Book at the www.stickytickets.com.au/38352 or call Angela on 0499002989

REDCLIFFE COAST GUARD TRIVIA NIGHT

FRIDAY 22 JULY 2016, 7.30 PM TILL 9.30

Redcliffe RSL, Kokoda Room

Cost: \$15.00 per person, tables of 8

This fun trivia night will raise funds to support the vital marine rescue service provided for the Redcliffe community by the volunteer Redcliffe Coast Guard. There will be loads of prizes to win in the trivia competition and raffles on the night. At just \$1 a ticket you can afford lots of raffle tickets to get better chances to win! Book a table with your friends and come dressed in a theme of your choice. There is a prize for the table with participants who are best dressed for fun. All inquiries to Scott 0404 009 306 or scott.gilbert@coastguard.com.au. Please pay before the night. Call Jan Tucker on 0421 270 757 to make your payment anytime.

PINE RIVERS MODEL TRAIN & HOBBY SHOW

6 - 7 AUGUST, 2016, 9am to 4pm

Strathpine Community Centre, 199 Gympie Rd, Strathpine

Cost: \$7 Adults, Conc. \$6 ; Child \$2, Family \$17.

Annual event for the Railway Modeller's Club of Qld, showcasing various hobbies to the public. There will be 30 layouts, displays and retail outlets at the show. There is also a canteen for food and drinks.

RAINDROPS AND RAINBOWS: SENIORS WEEK CONCERT

THURSDAY AUGUST 18, 10.30AM

Redcliffe Cultural centre

Cost: \$12

A variety concert. Enjoy music, song, dance, ukulele, poetry and a host of acts by the talented performers at U3A Redcliffe inc. And the moreton bay region. U3A Redcliffe provide learning for leisure and pleasure for older adults in their third age.

THE Messenger

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CONTACT US

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

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Prepare to nosh your way through some of Queensland's freshest produce, local fare and fine wine at Regional Flavours at South Bank Parklands this weekend.

Running Saturday, 16 and Sunday, 17 July, Regional Flavours celebrates all things Queensland: bask in the winter sunshine, taste the freshest produce and locally made foods and wines that our state has to offer at Brisbane's signature free food and lifestyle event.

The festival line-up includes free cooking demonstrations and workshops by celebrity chefs and industry experts, as well as free children's activities and live music performances by local artists.

Situated in Brisbane's premier lifestyle destination – South Bank Parklands – Regional Flavours brings a taste of our provincial state to the city and allows visitors to interact directly with more than 80 farmers and artisanal local producers and winemakers from around Queensland.

Food trucks operated by a selection of South Bank's most popular restaurants round out the eating opportunities, offering fast, fresh and gourmet fare.

Visit regionalflavours.com.au for more information or follow #regionalflavours on social media.

Special guests and live demonstrators include Matt Preston, George Calombari, Gary Mehigan, Maggie Beer, Paul West and Adriano Zumbo, Alastair McLeod, Matt Golinski and more



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Food Trucks

Find out where they are the easy way

One are the days when the smoko van was your only option for mobile food vendors. Likewise, if you savour street food when abroad and lament the lack of options back home then you'll already know about Brisbane's burgeoning food truck scene.

The food truck phenomenon is a global trend that's landed locally in a big way. The collective goal is to offer you the best street food from around the world, directly.

Finding said trucks hasn't always been the easiest especially for newcomers but now an initiative of the Brisbane City Council has made things a whole lot easier for you in a searchable, filterable, website offering current and advanced information about individual trucks, 24/7.

Brisbane Food Trucks website allows you to quickly and easily locate food trucks, find out what they're serving and when, and even how to get there. You can filter by cuisine and find out about upcoming food truck events. bnefoodtrucks.com.au is the best guide to food trucks in Brisbane.

The Brisbane Food Trucks initiative is aimed at activating poorly used spaces with unique and creative food experiences that celebrate our cultural diversity.

FYI - it's not all burgers and donuts, our local food trucks offer a wide variety of different cuisines.

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This winter, George Hartnett Funerals is calling on the community to show their support for those sleeping rough by donating their spare blankets to us at George Hartnett Funerals Redcliffe.

A major community initiative, the blanket appeal is in partnership with the Salvation Army Redcliffe encouraging people to warm up the streets this winter.

Mr John Drayton, Location Manager at George Hartnett Funerals, says the blanket appeal is a great way to raise awareness to the plight of the homeless.

A staple in many linen closets and beds across Australia, having a cosy blanket can be a luxury many people are unable to afford.

George Hartnett will be collecting blankets until the end of July, with all donations being distributed by the Salvation Army Redcliffe.

With the excellent help of the community, last year over 3,866 blankets were collected, meaning over 7000 disadvantaged people were kept warm.

Major Ed Henderson, Redcliffe Salvation Army says that with so many men, women, children and families in need of support, every donation helps.

George Hartnett Funerals will also donate one blanket for every one collected.

This initiative really puts homelessness on the agenda of local communities.

"We are proud to be a part of such a great program, and can't wait to share the warmth this winter" added John Drayton.

George Hartnett's 70 years of tradition.

George Hartnett, a resident of Redcliffe, created a tradition of quality funeral care which continues today.

We remain true to George Hartnett's vision and are dedicated to delivering funerals with respect, care, dignity and empathy to local Brisbane families.

With over 70 years experience in tailoring funeral goodbyes to the needs of families, the George Hartnett tradition carries on through local Funeral Directors such as John Drayton.

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In conjunction with Brisbane Whale Watching we have a family pass to give away. The prize entitles two adults and two children (4 to 14 years) to a full day whale watching experience.

The prize includes the full day whale watching cruise and buffet lunch. Whale sightings are guaranteed.

The cruise commences boarding at 9.30am for a 10.00am departure from the Redcliffe Jetty.

To enter simply email **adz@northlakemessenger.com.au** with "Whale Watching Comp" in the subject line and tell us which months the whales come through Moreton Bay (you shouldn't have to google this one, the answer may be staring you in the face). Entries close Friday July 15. Good Luck!

NOTE: The prize is for mid-week travel only and must be used before Friday 2nd October 2016.

NOTE: All regular family pass inclusions and disclaimers apply. For more information see www.brisbanewhalewatching.com.au



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Hello Leonie,

Hi,

I would really like your advice about how to handle my husband's put downs and need to shame me about my weight. I don't have money for your relationship book at the moment and there is a waiting list for it at the library so I'm writing to you.

When I met my husband, I was a slim size 12 but after having two children including twins, I find that I have gained around 32 kilos and I feel like I just can't lose it. I know you hear people say that they are fat and don't over eat but in my case this is true and feel that what I really need is exercise but my knees are a huge problem.

Ninety percent of the time my husband is just lovely and he isn't a bully in any other way other than making it known that he thinks I'm fat. I tell him about the childbirth and the knee issues and he says that other women have kids and are not fat.

He claims that my knee issues are caused by my weight and that it would be a non issue if I shed some weight but I can't shed the weight while my knees keep breaking down because they can't bear the weight. I feel that it's a cart before the horse situation and I would go walking if I could.

I am sick of hearing about the kids being in school and all the free time he thinks I have. I keep a lovely home and I am able to do this because I can take short rests through the day. He makes me feel ashamed that I am not the woman he married and he will often say that he didn't sign up to become a carer to a lazy fat wife. I know I'm fat but I'm not lazy and just need motivation but there is really nothing that I can do.

As I said I don't eat rubbish. I feel that he is going to leave sooner or later because he doesn't come near me anymore and a quick peck on the cheek is all I get and only if he knows the kids are watching. I have asked for marriage counselling and he said the only counselling I need is from a dietician.

I feel very down and hopeless at the moment and I really need him to stop with the fat talk. I feel guilty that I am a bad role model for the children and I'm ashamed that I can't make myself look good because no amount of makeup or new clothes can hide the fact that I'm fat. Can you offer me any ways to cope?

Name withheld/The Mode

Guilt is not the same as shame. Shame is an emotion all about inward feelings, assessment and self esteem and can affect our ability to have a connectedness to our loved ones. Shame may see people who are obese deciding that they are not worth loving or investing in because they are not good enough in their own eyes. Guilt is a decision about our behaviour, usually made through ethical/logical assessment about what we have done or failed to do.

Guilt is not the same as shame

People who are overweight can become ashamed of their bodies and not want to engage in sexual activity, be seen naked or in extreme cases not even want to go out or have their photo taken. You appear to be suffering from both of these human conditions.

Your husband is way off target trying to shame you into losing weight as we know this rarely works. Although his behaviours are misguided and unacceptable the truth is that you can't control anyone's behaviour but yours. You have suggested getting professional help and he has declined and so now it's up to you to really look at your relationship, your health and define some goals. This requires that you get really honest with yourself about your life and your problems.

Let's put your husband's behaviours away in a cupboard for the duration of looking at your issues. Let's give him no face, no history and no focus just for the moment. Let's focus on you.

Are you really being honest with yourself and your abilities? You say that you can't exercise because of your knees not being able to bear weight. I believe that if you saw your doctor and got a referral to a certified dietician that you would be told that this is simply not true. You could swim (which I'm told actually burns more calories and builds more strength and endurance than walking) you could do floor work, palates and many other forms of activity to help you get down to a weight where your knees could cope with weight bearing exercise. I also want to say that not all fat people are lazy. Thyroid and other hormonal issues such as Poly Cystic Ovary Syndrome can cause a person to carry extra weight no matter what they do and I feel that you need to start by getting a comprehensive battery of tests done to determine exactly what your health status is and then start taking control of your own outcomes.

I feel that you need to take your personal power back by not waiting to see what your husband does or doesn't do but rather decide what you are going to do. Motivation rarely comes first. What usually happens is that you have to do the work initially and when you start seeing results, this success gives birth to motivation which can keep you on track. If your children see you setting and meeting goals and preparing and eating healthy food they are seeing a great role model.

The last thing I want to say is that I feel that no matter what your weight you have every reason to spend time on personal appearance so that you feel good about yourself and I feel that you would benefit enormously by getting personal counselling/Life coaching to get and stay on track.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Relationship Intensive Care - A practical guide to saving and maintaining your relationship

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

Relationship Intensive Care is available as both a hard copy and EBook from www.northlakescounsellingservices.com.au or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95.





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Healthy steps for kids with type 1 diabetes

Physical activity guidelines for people with diabetes are the same as for the general population and new research shows keeping count of daily steps and boosting physical activity can really pay off for children with type 1 diabetes.

BY DR ANITA, BRISBANE NORTH PHN

Type 1 diabetes is a life-long autoimmune condition, where the body's own immune system attacks and destroys the beta cells in the pancreas that are responsible for producing insulin.

The condition is usually diagnosed in childhood or early adulthood, but can occur at any age, and affects around 10 per cent of people with diabetes.

To stay healthy, it is recommended that children aged between 5 and 17 years do at least an hour of moderate to vigorous intensity physical activity every day. This activity can be accumulated over the course of the day.

It should include a variety of aerobic activities and, for at least three days per week, children should engage in activities that strengthen muscle and bone.

People with diabetes need to keeping their blood glucose level stable during exercise and this requires them to know how to balance insulin and carbohydrates.

It is not always easy to find the right balance and for this reason there is a risk that young people sometimes don't do enough exercise, but regular blood glucose testing can help.

The importance of exercise for children with type 1 diabetes has been reinforced though new research from the University of Adelaide and the Women's and Children's Hospital in Adelaide.

The researchers found that children with type 1 diabetes can improve their cardiovascular health, simply by taking an extra 1000 steps a day.

They tracked the daily physical activity of 90 pre- to early-teenage children with type 1 diabetes and their results have been published in the journal *Diabetes Care*.

The study demonstrated that those who undertook additional physical activity showed improvements in their blood vessel structure and other reductions in risk factors for heart disease.

"Children with type 1 diabetes often report lower physical activity levels than recommended for children of the same age," said the study's lead author Dr Alexia Peña.

"We also tend to see early signs of atherosclerosis – a build up of plaque in the arteries – and other adverse cardiovascular risks at an earlier age than usual for these children," she said.

The research team also found that 55 per cent of the children took fewer than 10,000 steps per day, the recommended daily step goal for a healthy young person.

"There were clear correlations between artery thickness and the average number of steps per day. With an increase of 1000 steps each day, we saw a measurable decrease in this arterial thickness," Dr Peña says.

"In the children who had extra physical activity, we also saw reductions in weight, blood pressure, and triglycerides, which indicates an overall reduction in risk of heart disease," she said.

Dr Peña says this is the first time the daily number of steps has been shown to directly relate to early signs of adverse cardiovascular risk in children with type 1 diabetes.

"Our findings emphasise the importance of physical activity for children, and the need for advice on the benefits of exercise for children with type 1 diabetes. The more steps they do, the better," Dr Peña said.

For more information about type 1 diabetes, call Diabetes Queensland on 1300 136 588 or go to: <http://www.diabetesqld.org.au/>.

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





NORTHLAKES DOCTORS: KIND, COMPASSIONATE EVERYDAY HEALTHCARE!

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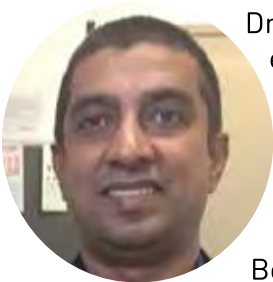
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the Redcliffe
Cultural
Centre July 29
- August 14**

Redcliffe Musical Theatre are thrilled to have secured the rights to the QUEENSLAND Community Theatre Premiere of WICKED which will play at the Redcliffe Cultural Centre July 29-Aug 14. Tickets range from \$44.90 to \$54.90 with a family pass available for only \$179.60 and are available on 3283 0407 or www.moretonbay.qld.gov.au/general.aspx?id=148278

Elphaba will be played by Redcliffe local Katharine Vacca (Little Shop of Horrors, Kathy Seldon in Singin' in the Rain and Marty in GREASE) and her alternate is a country music singer Kiara Rodrigues making her debut on the music theatre stage. Galinda will be played by Dani Heraud (Wizard of OZ) and her alternate is Lucy Bardsley making her debut on the RMT stage. Fiyero will be played by Jackson Head (recently seen as BERT in MARY POPPINS) and the role of BOQ will be shared by RMT and ROAR regulars Liam Kirkpatrick and Matthew Bapty along side NESSA ROSE played by Georgia Murray and understudy Georgia Gleeson.

This will be a \$200,000 investment for Redcliffe Musical Theatre. There are an enormous number of elements to bring together to create the magic that is expected for a production of WICKED.

The special effects including "flying" of Galinda/Glinda in her "bubble machine" and of Elphaba "Defying Gravity" and Chistery (the monkey servant) flying after he grows wings (after Elphaba creates a levitation spell) are a significant portion of this budget – as is the creation of the set, lighting effects and costumes.

Currently the entire set, props and special elements such as the Wizard's Head, Fiyero's car and Nessa Rose's wheelchair (that moves by itself) are being created by a team of a dozen keen and able tradesmen and assistants under the direction of Production Designer – Andrew Haden - at our workshop in High St, Redcliffe.

RMT have created the sets previously for – Saturday Night Fever (March-April 2015), The Wizard of OZ (July-August 2014) and Jesus Christ Superstar (April 2014) to name just a few so we are skilled at being able to design and create custom-built sets. However, WICKED will be the biggest design build that we have done to date.

And we are thrilled to announce that the show when it has finished it's Redcliffe Season will be moving up the coast to Caloundra for a season in January 2017. So the skill and professionalism of this local company is now being recognised and sort out by other venues.

WIN

We have two family tickets for Redcliffe Musical Theatre's production of **Wicked** to give away.

To enter, simply email
comp@northlakesmessenger.com.au
with "wicked" in the subject line and tell us who are the two characters pictured on this page.

Entries close Tuesday July 25 and winners will be notified July 28 (so don't forget to include your contact details).

About the prize:

The Family tickets are inclusive of two adults and two children and are valued at \$179.60 each.

*Can be used for any performance except opening night
Friday 29th July

*Cannot be used with any other special offer

Privacy Statement The Messenger complies with the *Australian Privacy Act 1988* in safeguarding your privacy. No information submitted by you is collected or used in any way other than for purposes of the competition. Your information is not kept on file, collated or distributed in any way.

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PRODUCTION OF

WICKED

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COMMUNITY THEATRE
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Stephen Schwartz

Book by

Winnie Holzman

Based on the novel by Gregory Maguire

Orchestration by

William David Bohn

Music Arrangements

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Head coach Jeff Bullock



World Champions Wes Weldridge and Liam Badger

Elite MMA

The local gym now houses two world champions but title-fights are not the whole story

If the name Elite MMA doesn't already sound familiar to you, it probably should. The Rothwell based mixed martial arts gym has a proven record training gold medallists, Queensland, Australian and world champions to victory. Coaching Muay Thai, Kick Boxing and MMA, you'd be forgiven for thinking that the goal is to kick butt (as did we) but visiting a training session was a counter-intuitive experience, it's about a lot more than more than that.

More on that later, first the news - Elite does kick butt. North Lakes resident Jeff Bullock, who owns the gym, recently returned from the International Sport Kickboxing Association's (IKSA) world championship competition in Stuttgart Germany. He coached the Australian team which came away with three gold medals, putting another world champion under Elite's roof.

That's surely impressive, but shouldn't be a surprise when you learn that Jeff - holding both 6th Dan Kakuto Karate Jitsu and 6th Dan Thai Kickboxing - has produced five European champions, 69 British champions, eight Queensland champions, seven Australian champions and five world champions. Despite those impressive credentials Jeff is keen to let our readers know that self-defence and title competitions are not the sole focus of the gym.

"It's about personal development. It's about teaching kids discipline, good attitude and good etiquette. It's really gives kids focus and concentration," said the former British and European kickboxing champion.

Indeed, when the Messenger visited we found an inclusive, encouraging environment,

not just from Head Coach Jeff, but from all members who were in attendance.

"It doesn't matter where you come from, or what kind of background you come from. Whether you're working class or advantaged - if you put in the work and the hard yards here and you can make something of yourself," Jeff said.

And training isn't solely about martial arts either, Jeff believes the cultivation of these skills has a much broader scope.

"I realised that what you learn in martial arts you can apply to any arena of your life" he said.

"Most importantly it gives you discipline. It keeps you off drugs, alcohol and smoking. You can't practice the sport if you're going to have bad habits in your life. It gives you a good attitude and good respect for the fellow person. Above all else it gives you an idea of what you're capable of."

Regarding the age and suitability of kids Jeff, who holds a Master's Degree in mental health and works as a Clinical Nurse Consultant, said it depends on your child.

"It really is a kid centred thing, between five and seven is a good starting age but there's no hard-set number. It's about your child and where they are developmentally".

Making friends, keeping fit, improving confidence, focus and health are great things to find all in one place but of course there's the benefit of learning self-defence and the option to compete and be acknowledged for your hard work at the gym. A prime example of that is Elite's own Wes Weldridge who we met at the training session.

Wes is a natural talent, committed and passionate, he's a well-spoken gentleman who's hard on the punching bags but affable

with his peers. Originally from Dublin, Wes started at Elite in August 2015 because he was overweight and looking to get fit. With a background in amateur boxing, Elite honed his mind and body. He's since had four fights with four wins making him undefeated - including the IKSA Amateur World Championship.

"If you want to come somewhere and be a part of something bigger than yourself, [Elite] is definitely the place to be" Wes said of the club.

Elite has two world champions training at the centre, the other being Liam Badger. Liam's a fixture in the Queensland Muay Thai scene and holds the current Queensland, Australian and world champion amateur titles with World Martial Arts Organisation (WMO). Since he's been with the gym he attributes his success to a more mental discipline.

"Since being at the gym I've learned to take fights to, a more intellectual level" Liam said.

Liam will defend his WMO world title in Spain later this year.

When asked what Jeff puts Elite's success down to he is humble about both the praise from students and competitive accolades.

"I'd like to think it has some reflection on my coaching ability, but I've also been very fortunate to have met a set of young people with such potential," he said.

Elite MMA train Mondays, Wednesday and Fridays every week and private sessions can be booked any time (including Saturdays). There's no need to make a booking for regular classes just turn up five minutes before a session.

Elite MMA can be found at Unit 16/16 Bremner Road, Rothwell. For more information see www.elitemma.net.au



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Your Stars



Aquarius Jan 21-Feb 19: It's nice that a loved one is willing to discuss problems, but what is this person planning on doing differently? Toss out a few ideas this week.



Pisces Feb 20-March 20: You've finally reached a point of clarity. You're ready to make decisions that were overwhelming before.



Aries March 21-April 20: It's rare when people practice what they preach. A supervisor's principled stand inspires you to do the same.



Taurus April 21-May 21: Recent changes have made you a new person and some friends are uncomfortable. They want you to go back to the old you. Tell them this is who you are now.



Gemini May 22-June 21: Did someone have a change of heart? No. But your star is on the rise which is why a former rival is kissing up.



Cancer June 22-July 23: After weeks of hurry up and wait, you're now under the gun to wrap things up in the blink of an eye. You've no choice but to hop to it.



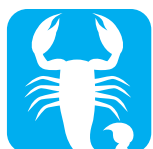
Leo July 24-Aug 23: The other party isn't going to wait any longer. Although the offer is less than you wanted it to be, you can't afford to pass it up.



Virgo Aug 24-Sept 23: A friend in need turns to you for help. Unfortunately this person is in deeper than initially described. Nevertheless you'll go the distance. You always do.



Libra Sept 24-Oct 23: Despite signs of encouragement, you still want to be cautious, that ok. Take it step by step.



Scorpio Oct 24-Nov 22: Good news comes when you least expect it. The problem is you don't know what it pertains to at first. Play along until the penny drops.



Sagittarius Nov 23-Dec 21: You must give-up something that yours to get something that not. However the catch is it's a valuable asset. Mull it over.



Capricorn Dec 22-Jan 20: You have all these things you need to get to and just thinking about them gives you a headache. Pick the most important and shelve the rest.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** The Conversation. **12.30** Full Circle. **1.00** The NRL Rookie. (PG) **2.00** Community. (PG) **2.30** The Voice. (PG) **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Volcano. (1997) Tommy Lee Jones, Anne Heche. **9.10** Movie: Patriot Games. (M) (1992) Harrison Ford, Anne Archer, Patrick Bergin. A former CIA agent becomes a target for assassination after shooting an IRA terrorist. **11.35** Movie: Tenderness. (M) (2009) Russell Crowe. **1.30** Movie: Times Square. (M) (1980) Tim Curry. **3.30** Cops Uncut. (MA15+) **4.00** Anger Management. (M) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **10.00** Teen Titans Go! (PG) **10.30** Ben 10. (PG) **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Kitchen Whiz. **12.30** Yu-Gi-Oh! (PG) **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** Wild Kratts. **2.30** Surfing Australia TV. **3.00** Power Rangers Dino. (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Movie: Nancy Drew. (PG) (2007) **7.30** Movie: School Of Rock. (PG) (2003) **9.45** Movie: Take The Lead. (PG) (2006) **12.10** Go Girls. (M) **2.00** The Magaluf Weekender. (MA15+) **3.00** Surfing Australia TV. **3.30** Yu-Gi-Oh! (PG) **4.00** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Road To Rio. **12.30** Olympians: Off The Record. **1.00** Bewitched. **1.30** I Dream Of Jeannie. **2.00** Movie: Step Up. (PG) (2006) **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Mummy Returns. (PG) (2001) Brendan Fraser, Rachel Weisz. **9.35** Movie: Lara Croft Tomb Raider: The Cradle Of Life. (M) (2003) Angelina Jolie, Gerard Butler, Ciarán Hinds. An adventurer battles a megalomaniac. **12.00** Private Practice. (MA15+) **1.00** The Dr Oz Show. (PG) **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** The Dr Oz Show. (PG)

7TWO

6.00 Shopping. **8.00** Room For Improvement. **9.00** The Real Seachange. **10.00** Travel Oz. (PG) **11.30** Best Houses Australia. **12.30** Dealers. (PG) **1.30** The Great Australian Doorstep. (PG) **2.00** Home In WA. **2.30** Great South East. **3.00** Creek To Coast. **3.30** Qld Weekender. **4.00** WA Weekender. **4.30** Sydney Weekender. **5.00** Road To Rio. **5.30** No Reservations. (PG) **6.30** A Touch Of Frost. (PG) **8.30** Escape To The Country. **9.30** Original Features. **10.30** Terror In The Skies. (PG) **11.30** No Reservations. (PG) **12.30** Sydney Weekender. **1.00** WA Weekender. **1.30** Qld Weekender. **2.00** Late Programs. **3.00** Home In WA. **3.30** Late Programs. **4.00** The Travel Bug. (PG) **5.00** Late Programs.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Talk. (PG) **12.00** The Talk. **1.00** Healthy Homes Australia. **1.30** The Doctors. (PG) **2.30** GCBC. **3.00** The Renovation King. **3.30** Everyday Gourmet. **4.00** Storm Season. (PG) **4.30** Places We Go With Jennifer Adams. **5.00** News. **6.00** Modern Family. (PG) **6.30** Bondi Vet. (PG) **7.30** David Attenborough's Fishing Leopards. Narrated by Sir David Attenborough. **8.30** Movie: Taken 2. (M) (2012) Liam Neeson, Famke Janssen. A retired spy and his wife are abducted. **10.25** Movie: The Counselor. (MA15+) (2013) **12.50** 48 Hours. (M) **2.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Star Trek: Voyager. **9.00** Hogan's Heroes. **10.00** World Sport. **10.30** Jake And The Fatman. **11.30** MacGyver. **12.30** Diagnosis Murder. **1.30** Operation Repo. **2.00** Motor Racing. V8 Supercars Dunlop Series. Round 4. Townsville 400. Highlights. **3.00** Motor Racing. Australian V8 Ute Racing Series. Round 5. Townsville 400. Highlights. **4.00** The McCarthys. **4.30** Reel Action. **5.00** Adventure Angler. **5.30** Escape Fishing With ET. **6.00** The Renovation King. **6.30** Last Man Standing. (PG) **7.30** ST: Next Gen. (PG) **8.30** Zoo. **9.30** Minority Report. (PG) **10.30** Crisis. **11.30** Legends. **12.30** Bellator MMA. **3.00** ST: Next Gen. **4.00** Loaded. **5.00** Football's Greatest Teams. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.30** Big Ted's Excellent Adventure: 50 Years Of Play School. **12.30** Reality Check. (PG) **1.05** New Tricks. (PG) **2.05** Antiques Roadshow. **3.05** Tony Robinson's Time Walks. (PG) **3.35** Time Scanners. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** The Coroner. (M) **8.20** Indian Summers. (M) **9.10** The Doctor Blake Mysteries. (M) **10.05** Movie: Holy Flying Circus. (MA15+) (2011) Darren Boyd, Charles Edwards, Steve Punt. A debate is sparked between the Monty Python comedy troupe and a group of self-proclaimed moral crusaders. **11.35** 8MMM. (M) **12.05** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? At Christmas. **8.45** Live From The BBC. (M) New. **9.15** Live At The Apollo. (M) **10.00** Comedy Up Late. (MA15+) **10.30** Broad City. (M) **10.50** Episodes. (M) **11.20** Adam Hills: The Last Leg. (M) **12.05** Adam Hills: The Last Leg. (M) **12.45** Adam Hills: The Last Leg. (M) **1.30** Adam Hills: The Last Leg. (M) **2.55** News Update. **3.00** Close. **5.00** Boj. **5.10** Ella The Elephant. **5.25** The Koala Brothers. **5.35** This Is Scarlett And Isaiah. **6.40** Dorothy The Dinosaur. **5.50** Abney & Teal.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 13. Replay. **3.00** The Real Man's Road Trip. (M) **3.55** James May's Toy Stories. (PG) **5.00** Cycling. Tour de France. Stage 13. Highlights. **6.00** Grand Tours. **6.30** SBS World News. **7.30** The Six Queens Of Henry VIII. **8.30** RockWiz Salutes The Decades. (PG) **9.30** Cycling. Tour de France. Stage 14. **2.00** Masters Of Sex. (M) **3.10** Masters Of Sex. (MA15+) **4.10** Food Lovers' Guide To Australia. **4.45** Women's Letters. (M) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Can I Drive, Daddy? (PG) **1.15** Do Or Die. (PG) **1.40** Do Or Die. (PG) **2.10** Motorcycle Racing. Superbike World Championship. Round 9. **3.00** Cycling. Tour de France. Stage 13. Replay. **5.00** Brain Games. (PG) **5.25** 365: Every Day Documentaries. **5.30** Movie: The Triplets Of Belleville. (PG) (2003) **7.00** Des Bishop: Breaking China. **7.30** If You Are The One. **8.30** The Island With Bear Grylls. (M) **9.30** Spotless. (MA15+) **10.35** Spotless. (MA15+) **11.35** Movie: Sexy Beast. (MA15+) (2000) **1.15** Movie: Stereo. (MA15+) (2014) **2.55** Movie: The Weather Station. (M) (2010) **4.30** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm Mission: Impossible – Rogue Nation (2015) Action. Tom Cruise, Jeremy Renner. (M) **Premiere** **6.30pm Crazy, Stupid, Love.** (2011) Comedy. Steve Carell, Ryan Gosling. (M) **Romance** **10.45pm The Hunger Games: Mockingjay – Part 1** (2014) Action. Jennifer Lawrence, Josh Hutcherson. (M) **Action** **GENERAL** **6.30pm The Amazing Race.** (PG) FOX8 **8.30pm Winners & Losers.** (M) SoHo **DOCUMENTARY** **6.30pm Anthony Bourdain Parts Unknown.** (M) TLC **7.30pm Eric Clapton: Crossroads Guitar Festival.** (PG) Foxtel Arts **SPORT** **3.00pm Rugby Union.** Super Rugby. Round 17. Crusaders v Hurricanes. Fox Sports 2 **7.00pm Football.** AFL. Round 17. Western Bulldogs v Gold Coast. Fox Sports 3 **7.30pm Rugby League.** NRL. Round 19. South Sydney Rabbitohs v Brisbane Broncos. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 19. Redcliffe v PNG Hunters. **3.30** Rugby League. NRL. Round 19. Penrith Panthers v Parramatta Eels. **6.00** Nine News. **7.00** 60 Minutes. **8.00** The Hunt. (PG) **9.10** Movie: Edge Of Tomorrow. (M) **2014** Tom Cruise, Emily Blunt, Bill Paxton. A man relives the same day over. **11.30** Major Crimes. (M) **12.30** Constantine. (M) **1.30** Step Dave. (M) **2.30** Anger Management. (M) **3.30** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.30** Rabbids Invasion. (PG) **12.00** Sonic Boom. (PG) **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexa Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Ninjago: Masters Of Spinjitzu. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Movie: Valiant. (G) (2005) **7.30** Movie: Dumb & Dumber. (PG) (1994) **9.45** Movie: Yes Man. (M) (2008) **11.50** Adult Swim. (M) **12.50** The NRL Rookie. (PG) **1.50** GO Surround Sound. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Beware The Batman. (M) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Henry Hugglemonster. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Air Crash Investigation. (PG) **1.00** Movie: The Suite Life Movie. (PG) (2011) **3.00** Toy Story At 20: To Infinity And Beyond. **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** Sunday Night. **8.00** Billy Connolly's Tracks Across America. (M) Part 2 of 3. **9.00** Bones. (M) A drunk university student discovers the dead body of a Secret Service agent, just before a presidential visit. **10.00** Bones. (M) **11.00** Castle. (M) **12.00** Beauty And The Geek Australia. (PG) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. **4.00** The Dr Oz Show. (PG) **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written Oceania. (PG) **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Dealers. (PG) **2.00** Storage Hoarders. **3.00** Original Features. **4.00** Escape To The Country. **6.00** Mighty Ships. **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. **10.45** Mighty Ships. **11.45** Best Houses Australia. **12.15** Escape To The Country. **1.15** Dealers. (PG) **2.45** Escape To The Continent. **4.00** Storage Hoarders. **5.00** The World Around Us.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** The Talk. **9.30** St10. (PG) **12.00** The Doctors. **1.00** The Doctors. **2.00** The Offroad Adventure Show. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Disney Edition. In a Disney-themed episode, two families try to win a trip to Disneyland in California. Hosted by Grant Denyer. **6.30** The Great Australian Spelling Bee. Return. **7.30** MasterChef Aust. Contestants face a mystery box challenge. **9.00** Movie: Anchorman 2: The Legend Continues. (M) (2013) Will Ferrell, Paul Rudd. **11.25** 48 Hours. (M) **12.25** 48 Hours. (M) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Super Rugby. Round 17. Brumbies v Western Force. Replay. **10.00** Operation Repo. **10.30** Reel Action. **11.00** Temporary Australians. **11.30** 4x4 Adventures. **12.30** Undercover Boss. **1.30** ST: Next Gen. **2.30** World Sport. **3.00** Loaded. **4.00** Megacities. **5.00** Adventure Angler. **5.30** iFish. **6.00** Family Feud: Disney Edition. **6.30** M*A*S*H. **7.30** Russell Coight's All Aussie Adventures. **8.30** Chopper's Republic Of Anzakistan. **9.00** Last Man Standing. **9.30** Motorcycle Racing. MotoGP. Race 9. German Grand Prix. **11.00** The Unstoppables. **12.00** World Sport. **12.30** The Killing. **1.30** RPM GP. **2.00** RPM. **3.00** River To Reef. **3.30** Adventure Angler. **4.30** Temporary Australians. **5.00** Loaded. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** The Divorce. **3.35** Liquid Notes: The Making Of The Reef. (PG) **4.05** The Book Club. (PG) **4.40** Australian Story. **5.10** David Attenborough's Micro Monsters. (PG) **6.00** Surfing The Menu: The Next Generation. **6.30** Compass. **7.00** News. **7.40** Grand Designs New Zealand. (PG) New. **8.30** Barracuda. (M) **9.25** Stop Laughing... This Is Serious. (M) **10.30** Shaun Micallef's MAD AS HELL. (PG) **11.00** Movie: Mystery Road. (M) (2013) Aaron Pedersen. **12.55** Our Girl. (M) **2.25** Rage. (MA15+) **5.00** Insiders.

ABC2

6.00 Children's Programs. **5.20** Olivia And The Treasure Hunt. **5.40** Olivia. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** The Daters. (M) **8.30** Michael McIntyre's Comedy Roadshow. (PG) **9.15** Louis Theroux's Weird Weekends. (M) **10.05** Drug Runners: The Peruvian Connection. (M) **10.55** Buzzcocks. (M) **11.25** Confessions Of A Nurse. (M) **12.15** Seconds From Disaster. (PG) **1.05** The Home Show. (PG) **1.50** News Update. **1.55** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 France 24 English News. **6.30** Deutsche Welle. **7.00** Tour De France: Daily Update. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 14. Replay. **3.00** The Bowls Show. **4.00** Speedweek. **5.00** Cycling. Tour de France. Stage 14. Highlights. **6.00** Grand Tours. **6.30** SBS World News. **7.30** Rome: Empire Without Limit. (PG) **8.30** Cycling. Tour de France. Stage 15. **2.00** Movie: The Hedgehog. (M) (2009) **3.55** Australia's Secret Heroes. (PG) **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** Movie: Paris-Manhattan. (PG) (2012) **2.30** Friday Feed. **3.00** Cycling. Tour de France. Stage 14. Replay. **5.00** Space Dandy. (PG) **5.30** 365: Every Day Documentaries. (PG) **5.35** The Numbers Game. **6.05** The Numbers Game. (PG) **6.35** Ninja Warrior Sweden. (PG) Final. **7.30** If You Are The One. **8.30** Drunk History UK. (M) **9.00** South Park. (M) **9.25** South Park. (M) **9.50** Full Frontal With Samantha Bee. (M) **10.20** Sex Box USA. (M) **11.10** Shot By Kern. (MA15+) **11.40** Doin' It Baja. (M) **1.25** Movie: Brazilian Western. (MA15+) (2013) **3.25** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm Amy (2015) Documentary. Amy Winehouse. (MA15+) Masterpiece

6.25pm Mad Max: Fury Road (2015) Action. Tom Hardy, Charlize Theron. (MA15+) Action

8.30pm Straight Outta Compton (2015) Biography. O'Shea Jackson Jr. (MA15+) Premiere

GENERAL
7.30pm Flipping Out. (PG) Arena

8.30pm The Night Of. (MA15+) Showcase
8.30pm 800 Words. (M) SoHo

DOCUMENTARY
7.30pm Australia Doesn't Just Want To Kill You. (PG) Discovery

8.30pm Choose The Right Puppy For You. Lifestyle
9.30pm Survival In The Skies. (PG) Discovery Science.

SPORT
12.18pm Netball. ANZ Championship. Australian Conference. Final. Fox Sports 3
2.00pm Rugby League. NRL. Round 19. Newcastle Knights v Melbourne Storm. Fox Sports 1
3.00pm Football. AFL. Round 17. St Kilda v Melbourne. Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Who Do You Think You Are? (PG) **2.00** The Briefcase. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** 20 To One. **8.40** Love Child. (M) **9.40** The Briefcase. (PG) **10.40** An Hour To Save Your Life. (M) **12.00** The Brokenwood Mysteries. (M) **2.00** Dan Oz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** The NRL Rookie. (PG) **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Tango & Cash. (M) (1989) **11.35** The NRL Rookie. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Perfect Marriage. (M) (2006) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) A man is caught misbehaving. **8.00** World's Angriest. (PG) Footage of people losing their cool as caught on camera by members of the public. **9.00** Movie: The Bourne Supremacy. (M) (2004) Matt Damon, Franka Potente. A former CIA agent tries to clear his name. **11.10** Car Crash TV. (PG) **11.40** The Goldbergs. (PG) **12.10** Packed To The Rafters. (PG) **1.05** Packed To The Rafters. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** Best Houses Australia. **11.00** Escape To The Country. **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** The Zoo. **4.00** RSPCA Animal Rescue. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Two married couples go head-to-head. **7.30** Cities Of The Underworld. (PG) **8.30** Prime Suspect. (M) Jane's investigation into the murder of a girl continues. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Air Crash Investigation. (PG) **2.30** Dr Oz. (PG) **4.30** Tombs In The Coral. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. (PG) **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud: Disney Edition. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** To Be Advised. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Have You Been Paying Attention? (M) Ed Kavalee, Sam Pang, Kate Langbroek, Dave Hughes and Anne Edmonds take a look at news. **9.40** NCIS: New Orleans. (M) The team tracks stolen explosives. **10.40** Elementary. Final. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Netball. ANZ Championship. NZ Conference Final. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: Mission: Impossible - Ghost Protocol. (M) (2011) Tom Cruise. **11.10** Chopper's Republic Of Anzakistan. (MA15+) **11.40** Super Rugby Extra Time. **12.40** Wilfred. (MA15+) **1.10** Motorcycle Racing. MotoGP. Race 9. German Grand Prix. Replay. **2.40** World Sport. **3.00** Diagnosis Murder. (PG) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News. **1.00** Grand Designs New Zealand. (PG) **2.00** David Attenborough's Micro Monsters. (PG) **2.50** Surfing The Menu: The Next Generation. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Barbasol Championship. Highlights. From Grand National Golf Course, Opelika, Alabama. **12.25** Bluestone 42. (MA15+) **12.50** The Mix. **1.20** Rage. (MA15+) **3.50** Doc Martin. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.15** Ben And Holly. **5.30** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Peg + Cat. **6.05** Hey Duggee. **6.15** Shaun The Sheep. **6.20** Shaun The Sheep. **6.30** Play School. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who Extra. **8.30** Louis Theroux's Weird Weekends. (MA15+) **9.20** Ross Kemp: Extreme World. (MA15+) **10.00** Adam Hills: The Last Leg. (M) **10.40** Jimmy Fallon. (PG) **11.25** Michael McIntyre's Comedy Roadshow. (PG) **12.10** Doctor Who. (PG) **12.55** Jimmy Fallon. (PG) **1.40** News Update. **1.45** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 15. Replay. **3.00** The Lakes. **3.30** The Lakes. **4.00** This Is Brazil! **5.00** Cycling. Tour de France. Stage 15. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.35** Predict My Future: The Science Of Us. (PG) **8.30** The Island With Bear Grylls. (M) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 16. **2.00** Man Down. (M) **2.30** Man Down. (M) **3.00** 24 Hours In Emergency. (M) **3.55** Coppers. (M) **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 15. Replay. **5.00** House Hazards. (PG) **5.30** 365: Every Day Documentaries. (PG) **5.35** Daria. **6.05** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.35** The Feed. **8.05** The Mindy Project. (M) Return. **8.35** Awkward. (M) **9.00** Faking It. (M) Final. **9.30** Movie: Convict. (MA15+) (2014) **11.25** Movie: Bronson. (MA15+) (2008) **1.05** The Feed. **1.35** Assassination Classroom. (PG) **2.05** Assassination Classroom. (PG) **2.30** RuPaul's All Stars Drag Race. **3.25** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm The Night Before (2015) Comedy. Joseph Gordon-Levitt, Seth Rogen. (MA15+) **Premiere**
8.30pm Chocolat (2000) Drama. Juliette Binoche, Johnny Depp. (PG) **Romance**
8.30pm We Are Your Friends (2015) Drama. Zac Efron, Emily Ratajkowski. (MA15+) **Premiere**
GENERAL
8.30pm Empire. (M) **FOX8**
8.30pm Dark Matter. (M) **Syfy**
9.30pm Castle. (M) **Universal Channel**
DOCUMENTARY
7.30pm Fifth Gear. **Discovery Turbo**
8.30pm NASA's Unexplained Files. (PG) **Discovery**
9.30pm What On Earth? (PG) **Discovery**
SPORT
6.55am Soccer. Major League. Montreal Impact v New York City FC. **ESPN**
10.00am Baseball. Major League. Boston v New York Yankees. **ESPN**
7.00pm Rugby League. NRL. Round 19. Sydney Roosters v Cronulla Sharks. **Fox Sports 1**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Seven Nights In Japan. (PG) (1976) Michael York, Hidemi Aoki, Charles Gray. A British prince falls for a tour guide. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Britain's Got Talent. (PG) **9.30** Movie: 22 Jump Street. (MA15+) (2014) Channing Tatum, Jonah Hill, Ice Cube. A pair of underachieving cops go undercover at a local university in search of a drug dealer. **11.45** A to Z. (PG) **12.10** 20/20. **1.00** Anger Management. (M) **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** The NRL Rookie. (PG) **1.00** Children's Programs. **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. **6.30** Adv Time. **7.00** The Middle. (PG) **7.30** The NRL Rookie. (PG) **8.30** Movie: Troy. (M) (2004) **12.00** American Digger. (PG) **12.30** Adv Time. **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Maternal Obsession. (M) (2008) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Pensioners Make You Laugh Out Loud. (PG) Amusing moments featuring pensioners. **8.30** Winners & Losers. (M) Jenny is uncertain how to react after she is offered a permanent job at Millner Boys' school. **9.30** Ramsay's Kitchen Nightmares. (M) Gordon Ramsay visits Sheffield, England. **10.30** The Goldbergs. (PG) **11.00** The Goldbergs. (PG) **11.30** Bates Motel. (M) **12.30** Wild Boys. (PG) **1.30** The Body Specialists. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Cities Of The Underworld. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Nabbed. (PG) **4.00** Crash Investigation Unit. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. The teams go for some unusual bargains. **7.30** Kingdom. (PG) Peter comes to the aid of an Estonian woman. **8.30** Inspector Morse. (M) A church warden is murdered. **10.30** The Border. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** The Border. (PG) **2.30** Dr Oz. (PG) **4.30** Hoofs, Humps And Feathers. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** GCBC. **2.30** Everyday Health. **3.00** Judge Judy. (PG) **3.30** Ent. Tonight. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** NCIS. (M) Gibbs fights for his life aboard a US Navy hospital ship after being shot. **9.40** NCIS: LA. (M) After Callen goes rogue, Hetty demands that his operation be shut down and tasks the team with finding him. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Netball. ANZ Championship. Australian Conference Final. **8.00** Super Rugby Extra Time. **9.00** Megacities. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Super Rugby Extra Time. (PG) **4.00** Golf. The Open Championship. Highlights. From Royal Troon Golf Club, South Ayrshire, Scotland. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. (M) **8.30** Movie: A Time To Kill. (M) (1996) Samuel L Jackson, Matthew McConaughey, Sandra Bullock. **11.35** The Americans. (M) **12.35** Home Shopping. **2.05** Netball. ANZ Championship. NZ Conference Final. Replay. **4.05** World Sport. **4.30** Hogan's Heroes. **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Outback ER. (PG) **11.30** Eggheads. **12.00** News. **1.00** Doc Martin. (PG) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Martin Clunes: Man And Beast. (M) **9.20** Foreign Corre. **9.50** The Book Club. **10.20** Lateline. **10.50** The Business. **11.10** Australia Remembers: Fromelles Commemoration, Pheasant Wood Cemetery. **12.25** Catalyst. (PG) **12.50** Australia Remembers: Fromelles Commemoration, VC Corner. **1.50** Rage. (MA15+) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.20** Doctor Who Extra. **8.30** Good Game. (M) **9.00** Black Comedy. (M) **9.30** Hard Time. (M) **10.20** Adam Hills: The Last Leg. (MA15+) **11.05** Jimmy Fallon. (PG) **11.45** Ross Kemp: Extreme World. (M) **12.30** Doctor Who. (PG) **1.15** Jimmy Fallon. (PG) **1.55** News Update. **2.00** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France: Stage 16. Replay. **3.00** Leopard Queen. (PG) **4.00** PBS News. **5.00** Cycling. Tour de France: Stage 16. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** SBS World News Late Edition. **10.30** Crimes Of Passion. (M) New. **12.05** Movie: Connected. (M) (2008) **2.10** Movie: Dhoom: 2. (M) (2006) **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France: Stage 16. Replay. **5.00** House Hazards. (PG) **5.30** 365: Every Day Documentaries. **5.35** Daria. **6.05** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** The Night Bus. (M) **9.25** Walk Of Shame Shuttle. **9.50** Walk Of Shame Shuttle. **10.15** Bad Bridesmaid. **11.10** South Park. (M) **11.35** The Feed. **12.05** From Dusk Till Dawn. (MA15+) **1.00** From Dusk Till Dawn. (MA15+) **1.55** @ midnight. (M) **2.25** @midnight. (M) **3.00** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm The Man From U.N.C.L.E. (2015) Action. Henry Cavill, Armie Hammer. (M) *Premiere*
8.30pm Austin Powers:
Goldmember (2002) Comedy. Mike Myers, Beyoncé Knowles. (M) *Comedy*
10.05pm Big (1988) Comedy. Tom Hanks, Elizabeth Perkins. (PG) *Comedy*
GENERAL
7.30pm The Blacklist. (M) FX
8.30pm Ballers. (MA15+) *Showcase*
8.30pm Wentworth. (MA15+) *SoHo*
DOCUMENTARY
4.00pm Axe Men. (PG) *A&E*
7.30pm Western Front: Last Survivors Tell All. (PG) *History*
10.35pm Paul Klee: Silence Of The Angel. *Foxtel Arts*
SPORT
11.00am Cricket. Caribbean Premier League. Trinbago Knight Riders v Jamaica Tallawahs. *Fox Sports 3*
11.00am Basketball. NBA. Summer League. *ESPN*
7.30pm AFL 360. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Top Gear. (PG) Return. **8.50** The NRL Footy Show. (M) **10.50** The NRL Rookie. (PG) **11.50** Weeds. (MA15+) **12.20** Stalker. (M) **1.20** Nine Presents. **1.30** Danoz Direct. **2.30** Extra. **3.00** Global Shop. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Yu-Gi-Oh! (PG) **11.30** Yu-Gi-Oh! (PG) **12.00** Clarence. (PG) **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. **6.30** Adv Time. **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon 4. (M) (1998) **11.10** Movie: Falling Down. (M) (1993) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Lies In Plain Sight. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Border Security. (PG) **8.00** The Force: Behind The Line. (PG) A father is caught growing drugs. **8.30** Criminal Minds. (M) An 18-year-old girl escapes from a home where she was held captive for years with two other women. **9.30** Criminal Minds. (M) Women are found dead inside their homes. **10.30** Motive. (M) **11.30** Defiance. (M) **12.30** Last Chance Learners. (PG) **1.00** Last Chance Learners. (PG) **1.30** The Body Specialists. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Great War: The People's Story. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Cook Me The Money. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) The locals continue to frustrate Martin. **8.30** Lewis. (M) Lewis and Hathaway are drawn into a world of virtual bullying, as they investigate the murder of a professor. **10.30** How Britain Worked. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** How Britain Worked. (PG) **5.00** White Fury: The Untamed Tibet.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** GCBC. **2.30** Everyday Health. **3.00** Judge Judy. (PG) **3.30** Ent. Tonight. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Offspring. Clegg and Cherie's relationship is put to the test as they find themselves suffering from a crisis of confidence. **9.40** Madam Secretary. (M) Elizabeth clashes with the president. **10.40** Hawaii Five-0. (MA15+) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Places We Go. **8.30** Reel Action. **9.00** David Attenborough's Africa. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** The Unstoppables. (PG) **8.30** David Attenborough's Africa. **9.30** Bear Grylls: Mission Survive. (M) **10.30** Legends. (M) **11.30** Sons Of Anarchy. (M) **12.30** Home Shopping. **2.00** Netball. ANZ Championship. Australian Conference Final. Replay. **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.15** One Plus One. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Martin Clunes: Man And Beast. (M) **2.20** Antiques Roadshow. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (M) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** Catherine Tate's Nan. (M) **9.35** Adam Hills: The Last Leg. **10.20** Lateline. **10.50** The Business. **11.05** Four Corners. **11.55** Media Watch. (PG) **12.10** Q&A. **1.15** The Moaning Of Life. (M) **2.00** QI. (M) **2.30** Catherine Tate's Nan. (M) **3.05** Adam Hills: The Last Leg. **3.50** Doc Martin. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.25** Mister Maker. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.30** Sherlock. (M) **10.00** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Hard Time. (M) **12.15** I'm Having Their Baby. (PG) **1.00** Doctor Who. (PG) **2.00** Doctor Who Extra. **2.15** Jimmy Fallon. (PG) **2.55** News Update. **3.00** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 France 24 English News. **6.30** Deutsche Welle. **7.00** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Owl's Odyssey. **2.00** The Highwaymen: Friends Till The End. (PG) **3.00** Insight. **4.00** PBS News. **5.00** Dateline. **5.30** Letters And Numbers. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Byzantium: A Tale Of Three Cities. (PG) **8.30** Caged. (M) **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 17. **2.00** Movie: Ultimatum. (M) (2009) Gaspard Ulliel. **3.55** Salvage Hunters. **4.55** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Do Or Die. (PG) **5.00** Do Or Die. (PG) **5.30** 365: Every Day Documentaries. (PG) **5.35** Daria. **6.00** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Geeks Who Drink. (PG) **8.30** Movie: The Thing. (MA15+) (1982) **10.30** Movie: The Station. (M) (2013) **12.20** The Feed. **12.50** Starting From... Now! (M) **1.25** Starting From... Now! (M) **1.55** Lip Service. (M) **3.00** Lip Service. (M) **4.05** Uncle. (M) **4.40** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.15pm Steve Jobs: The Man In The Machine (2015) Documentary. Steve Jobs. (M) Masterpiece

8.30pm Interstellar (2014) Sci-fi. Matthew

McConaughey, Anne Hathaway. (M) Action

10.20pm Stand By Me (1986) Drama. Wil Wheaton, Anne Phoenix. (M) Masterpiece

GENERAL

7.30pm Family Guy. (M) FOX8

8.30pm The Recruit. (PG) FOX8

9.30pm Jimmy Kimmel Live. (MA15+) Comedy Channel

DOCUMENTARY

7.30pm Deadliest Catch. (PG) Discovery

9.30pm Restoration Man. (PG) Lifestyle

10.30pm Goldberg Variations. Foxtel Arts

SPORT

10.00am Basketball. WNBA. Los Angeles Sparks v Indiana Fever. ESPN2

5.30pm Athletics. World Junior Championships.

Day 2. Eurosport

6.30pm NRL 360. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Big Girls Don't Cry... They Get Even. (PG) (1992) Griffin Dunne, Dan Futterman. A girl runs away from home. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. NRL. Round 20. North Queensland Cowboys v Canterbury Bulldogs. From 1300MILES Stadium, Queensland. **10.10** World's Funniest Videos Top 10 Countdown. (PG) **10.40** World's Funniest Videos Top 10 Countdown. (PG) **11.10** The AFL Footy Show. (M) **1.00** Anger Management. (M) **1.30** Extra. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. **6.30** Adv Time. **7.00** The Middle. (PG) **8.30** Mike & Molly. (PG) **9.30** Mom. (M) **10.30** Anger Management. (M) **11.30** Sullivan & Son. (M) **12.00** American Digger. (PG) **12.30** Adv Time. **1.00** Regular Show. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Borderline. (M) (2002) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Marilyn and John fear losing Jordan. **8.00** Surveillance Oz. (M) Return. A man trips and spins into a train. **9.00** Big Bang. (M) Bernadette has second thoughts about marrying Howard after details of his sexual history emerge. **9.30** Big Bang. (M) NASA reschedules Howard's mission. **10.00** Rush Hour. (M) Two mismatched detectives join forces. **11.00** Rush Hour. (M) **12.00** Grey's Anatomy. (M) **1.00** Grey's Anatomy. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Vicar Of Dibley. (PG) **8.30** Murdoch Mysteries. (M) The murder of a Eugenics Society member does little to discourage Murdoch's nemesis in his attempt to recruit Murdoch. **10.30** Suspects. (M) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Property Ladder. (PG) **2.30** Suspects. (M) **3.30** Dr Oz. (PG) **4.30** Across The Sea Of Galilee. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** GCBC. **2.30** Everyday Health. **3.00** Judge Judy. (PG) **3.30** Ent. Tonight. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Law & Order: SVU. (M) A fashion photographer is accused of sexually assaulting a model during a shoot. **9.40** Law & Order: SVU. (M) A baby is kidnapped from a playground. **10.40** Blue Bloods. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** River To Reef. **8.30** Operation Repo. (PG) **9.00** Monster Jam. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Gold Coast Cops. (PG) **8.30** Megacities. (PG) **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. (PG) **11.30** Chopper's Republic Of Anzakistan. (MA15+) **12.00** Californication. (MA15+) **12.35** Home Shopping. **2.05** Cops: Adults Only. (PG) **2.35** Bellator MMA. (M) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** Who's Been Sleeping In My House? **11.30** Eggheads. **12.00** News. **1.00** Doc Martin. (PG) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.30** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **6.55** Clarke And Dawe. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (PG) **8.30** New Blood. (M) **9.30** Barracuda. (M) **10.25** Lateline. **11.00** The Business. **11.15** Trigger Point. (M) **12.20** The Wrong Mans. (M) **12.50** Press Club. **1.50** Golf. PGA Tour. Barbasol Championship. Highlights. **2.50** New Blood. (M) **3.50** Doc Martin. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetties. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** Episodes. (M) **9.30** Buzzcocks. (M) Final. **10.00** Broad City. (M) **10.25** Adam Hills: The Last Leg. (M) Final. **11.05** Jimmy Fallon. (PG) **11.50** Live At The Apollo. (M) **12.35** Alan Carr: Chatty Man. (M) **1.20** Doctor Who. (PG) **2.20** Jimmy Fallon. (PG) **3.00** News Update. **3.05** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 17. Replay. **3.00** Poh & Co. Bitesize. **3.05** First Crossings. (PG) **4.00** PBS News. **5.00** Cycling. Tour de France. Stage 17. Highlights. **6.00** Nigella Bites. **6.30** SBS World News. **7.30** Eating History: Italy. New. **8.30** Poh & Co. Best Bites. **9.00** Made In Italy. Final. **9.30** SBS World News Late Edition. **10.00** Cycling. Tour de France. Stage 18. **2.00** Who Do You Think You Are? (PG) **3.05** Who Do You Think You Are? **4.10** Food Lovers' Guide To Australia. **4.45** Safe. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 17. Replay. **5.00** House Hazards. (PG) **5.30** 365: Every Day Documentaries. **5.35** Daria. **6.05** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** MythBusters. (PG) **9.30** The Internet Ruined My Life. **9.55** The Internet Ruined My Life. **10.20** The Age Of Loneliness. **11.25** League Nation Live. **12.55** The Feed. **1.25** Town Of The Living Dead. (M) **1.50** The Notorious. (M) **2.20** Attack On Titan. (MA15+) **2.50** Attack On Titan. (MA15+) **3.20** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm I Am Legend (2007) Sci-fi. Will Smith, Alice Braga. (M) **Action** **8.30pm The Legend Of The Drunken Master** (1994) Comedy. Jackie Chan, Lung Ti. (M) **World Movies**

10.10pm The Gift (2015) Thriller. Jason Bateman. (M) **Premiere**

GENERAL

7.30pm Criminal Minds. (MA15+) **FX** **8.30pm Suits**. (M) **Universal Channel** **9.30pm Project Runway All Stars**. (M) **Arena**

DOCUMENTARY

8.30pm Moonshiners. (PG) **Discovery** **9.30pm Big Dreams Small Spaces**. **Lifestyle**

9.30pm River Monsters. (PG) **Discovery**

SPORT

11.00am Cricket. Caribbean Premier League. Barbados Tridents v Jamaica Tallawahs. **Fox Sports 3** **7.50pm Rugby League**. NRL. Round 20. Cowboys v Bulldogs. **9.00pm Golf**. European Seniors Tour. British Senior Open. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Summer Catch. (PG) (2001) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL. Round 20. Brisbane Broncos v Penrith Panthers. **10.10** Movie: Rocky Balboa. (M) (2006) Sylvester Stallone, Antonio Tarver, Milo Ventimiglia. A former heavyweight boxer steps out of retirement and back into the ring, pitting himself against a new rival. **12.10** Movie: Stigmata. (MA15+) (1999) Patricia Arquette, Gabriel Byrne. A young hairdresser develops stigmata. **2.00** Anger Management. (M) **2.30** Avengers. (PG) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers. (PG) **1.30** Sooty. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yu-Gi-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** The Looney Tunes Show. **4.30** Gumball. **5.00** Clarence. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: The Iron Giant. (PG) (1999) **7.40** Movie: Free Birds. (G) (2013) **9.40** Movie: Death At A Funeral. (M) (2010) **11.30** American Digger. (PG) **12.00** Way Stranger Than Fiction. (M) **1.00** Surfing Australia TV. **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Sooty. **3.00** Yu-Gi-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Beware The Batman. (M) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Ike: Countdown To D-Day. (PG) (2004) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh visits champion swimmer Giaan Rooney. Dr Harry visits a black sheep that acts very un-sheep like. **8.30** Movie: Under The Tuscan Sun. (M) (2003) Diane Lane, Sandra Oh, Lindsay Duncan. A recently divorced woman holidaying in Tuscany buys a villa on a whim and encounters unexpected romance. **10.50** Movie: Anger Management. (M) (2003) Adam Sandler, Jack Nicholson. A man attends an anger management class. **1.00** Private Practice. (M) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** It's Academic. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Mr Selfridge. (PG) **2.00** Dealers. (PG) **3.00** Australia's Best Backyards. **3.30** The Outdoor Room With Jamie Durie. **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) **8.30** Escape To The Country. **9.30** The Art Of The Architect. **10.30** Best Houses Australia. **11.00** Cook Me The Money. (PG) **12.00** Escape To The Country. **1.00** Australia's Best Backyards. **1.30** The Outdoor Room With Jamie Durie. **2.00** Dr Oz. (PG) **4.00** Reflections In The River. **5.00** Harry's Practice. **5.30** Late Programs.

TEN

6.00 Ent. Tonight. **6.30** Everyday Health. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** GCBC. **2.30** Everyday Health. **3.00** Judge Judy. (PG) **3.30** Ent. Tonight. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Miguel searches for Australia's best pies. **8.30** The Graham Norton Show. Take a look back at some of the celebrity guests who have graced Irish comedian Graham Norton's chat show. **9.30** Have You Been Paying Attention? (M) **10.30** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Shopping. **8.00** Motorcycle Racing. MotoGP. Race 9. German Grand Prix. Replay. **9.30** Operation Repo. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Raising Hope. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: Once Upon A Time In Brooklyn. (MA15+) (2013) William Demeo, Ice T, Armand Assante, Ja Rule. **12.00** Bear Grylls: Mission Survive. (M) **1.00** Home Shopping. **2.00** Star Trek: Voyager. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Croc College. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Doc Martin. (PG) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** 7.30. **8.00** Tony Robinson's Time Walks. **8.30** New Tricks. (PG) **9.30** Scott & Bailey. (M) **10.20** Lateline. **10.50** The Business. **11.05** Broadchurch. (M) **11.55** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.45** Sydney Sailboat. **5.00** Play School. **5.05** Tree Fu Tom. **5.25** Sarah And Duck. **5.35** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Teacup Travels. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Fresh Blood. (PG) **8.30** The Hoarder Next Door. (PG) **9.20** Alex James: The Cocaine Diaries. (M) **10.10** Dirty Laundry Live. (M) **10.45** Jimmy Fallon. (PG) **11.30** Sherlock. (M) **1.00** Doctor Who. (PG) **1.45** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Franklin And Friends. **5.20** The Koala Brothers. **5.30** Bert And Ernie. **5.40** Dorothy The Dinosaur. **5.50** Tilly And Friends.

SBS

6.00 WorldWatch. **7.00** Tour De France: Daily Update. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Cycling. Tour de France. Stage 18. Replay. **3.00** Who Do You Think You Are? **4.00** PBS News. **5.00** Cycling. Tour de France. Stage 18. Highlights. **6.00** Nigella Bites. Final. **6.30** SBS World News. **7.35** The Easter Island Heads. **8.30** Cycling. Tour de France. Stage 19. **2.00** The Hunt For The Book Of Spells. (PG) **3.00** Raider Ron And The Lost Ark. (PG) **4.00** Food Lovers' Guide To Australia. **4.30** Braise. (MA15+) **4.40** A Cautionary Tail. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Cycling. Tour de France. Stage 18. Replay. **5.00** Brain Games. **5.30** Street Genius. **6.00** 365: Every Day Documentaries. **6.05** If You Are The One. **7.05** Human Resources. **7.35** Friday Feed. **8.05** Adam Ruins Everything. (M) **8.30** Adam Looking For Eve. (MA15+) **9.20** Matrix Of Desire: The Secrets Of Sexual Arousal. (M) **10.25** Movie: Tai Chi 0. (MA15+) (2012) **12.10** Movie: My Dear Enemy. (PG) (2008) **2.30** PopAsia. (PG) **3.30** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm **San Andreas** (2015) Action. Dwayne Johnson, Carla Gugino. (M) **Premiere** **8.30pm** **Good Will Hunting** (1997) Drama. Matt Damon, Robin Williams. (M) **Masterpiece**

GENERAL

6.40pm **The People's Court**. (PG) **Arena**

8.30pm **Law & Order: SVU**. (MA15+) **Universal Channel**

9.20pm **Saving Hope**. (MA15+) **Soho**

DOCUMENTARY

7.30pm **World War One: The People's Story**. (PG) **History** **9.30pm**

MasterChef: The Professionals. (PG) **Lifestyle Food**

SPORT

6.00am **Golf**. USPGA Tour. Canadian Open. First round. **Fox Sports 3**

5.30pm **Rugby Union**. Super Rugby. First quarter-final. **Fox Sports 2**

7.50pm **Rugby League**. NRL. Round 20. Brisbane Broncos v Penrith Panthers. **Fox Sports 1**

7.50pm **Football**. AFL. Round 18. Collingwood v North Melbourne. **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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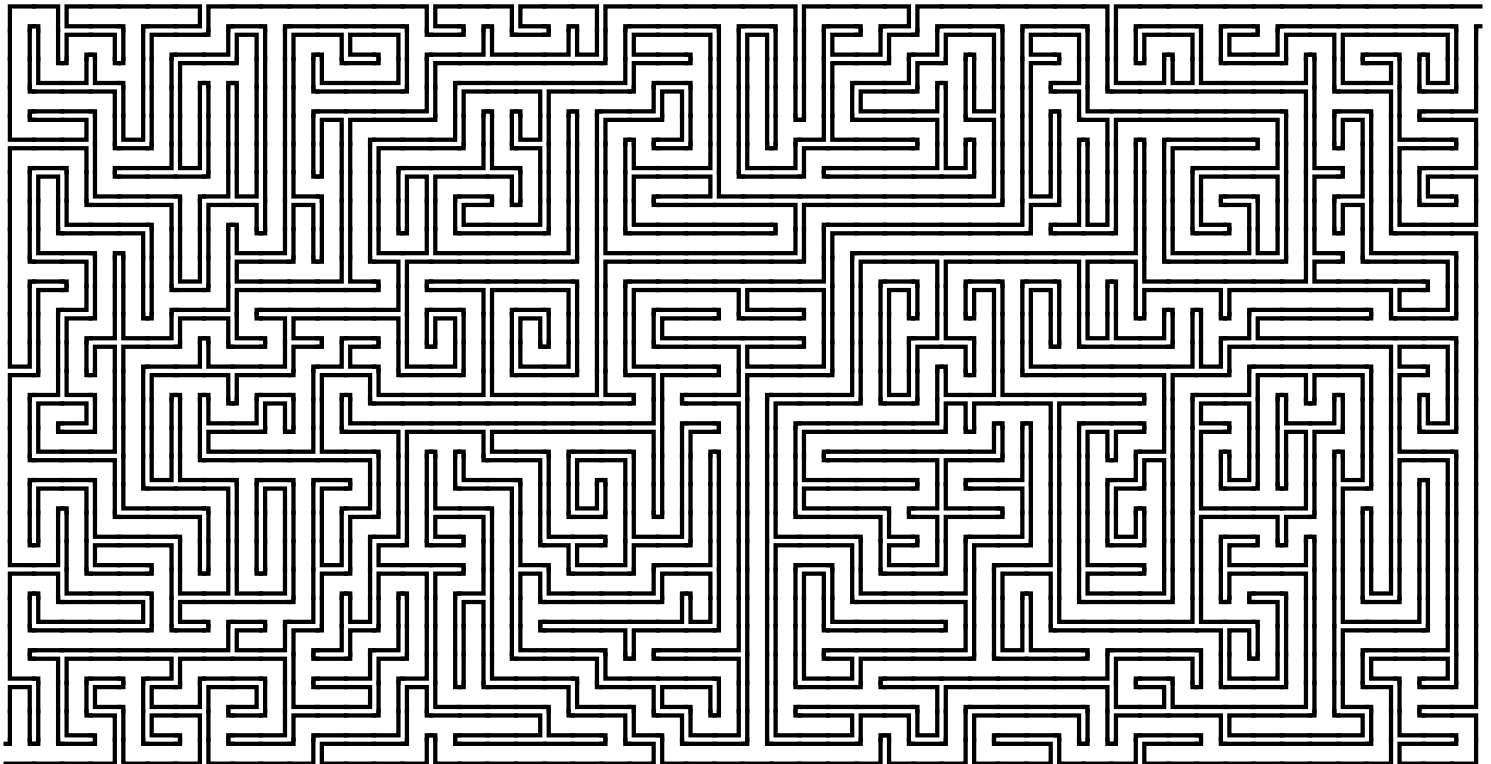
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\$20k for First Home Owners

Queensland's first home buyers have received a \$5,000 boost to the first Home Owners' Grant, giving them \$20,000 to get into the market.

The Great Start Grant is now known as the Queensland First Home Owners' Grant and with the name change comes a one-off, 12-month boost of \$5,000 to the grant, which will now be worth \$20,000.

Treasurer Curtis Pitt said the building industry is a key contributor to economic growth and stimulating economic activity will create new jobs directly and indirectly.

"There will be many Queenslanders who may not think they can save a deposit towards a new home – so having \$20,000 up front towards a new home will certainly help convince many people to buy sooner," Mr Pitt said.

"The 12-month boost applies to the purchase of a newly constructed house or apartment under \$750,000.

"Some may even use the \$20,000 grant to snap up some of the units and townhouses that have been built or are under construction in the Brisbane CBD.

"This is going to be even more effective in regional Queensland, where \$20,000 is more than half of the 10 per cent deposit on the median house price in many regional cities.



"This is a significant win for first home buyers.

"It's also a significant win for the building industry by stimulating demand for new product, which will support thousands of jobs throughout Queensland through the construction phase.

"It's an initiative that will create more jobs and help more people into home ownership."

The Queensland First Home Owners' Grant replaces the former Great Start Grant.

To be eligible for the grant:

- You must be an Australian citizen or permanent resident (or applying with someone who is).
- You or your spouse must not have previously owned property in Australia.
- You must be at least 18 years of age.
- You must be buying or building a brand new home, valued under \$750,000.

For more information on eligibility and how to apply, go to <https://firsthomeowners.initiatives.qld.gov.au>



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Sales Team



Candice Tahuri
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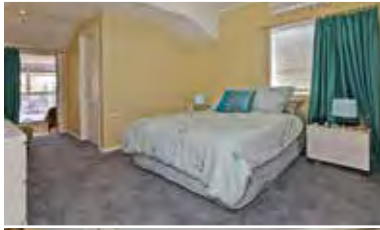
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Sale

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Darren & Lisa Suhle

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View Saturday 10.00 - 10.30am

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3482 3501 / 3491 9153

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4 2 2



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North Lakes 13 Copeland Drive

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Sale

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Darren & Lisa Suhle

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darren.suhle@raywhite.com

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Ray White North Lakes / Mango Hill

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Accommodation

Garage Sale

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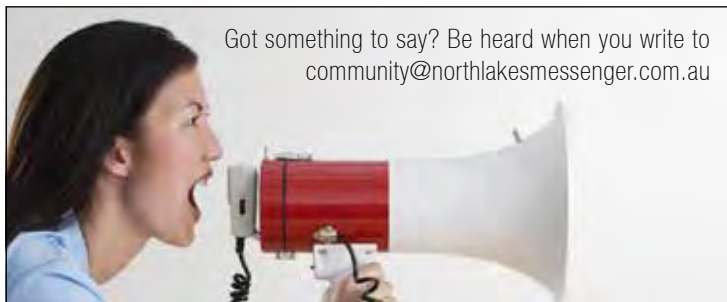
Position Available

Public Notice

Classified advertising cost is \$8.80 GST included for one week.

E-mail your ad to adz@northlakesmessenger.com.au before Thursday morning the week prior.

Call Nick on 1300 300 608 with credit card payment



Got something to say? Be heard when you write to community@northlakesmessenger.com.au

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Fun and friendship abounded at this week's MGM with an attendance of 64 members and three visitors, a great turnout indeed, something that attests to our motto, "To meet and promote new friendships within the community". Certificates were awarded to several 10 year members and after general business our President, Julie, paid a tribute to all our hard working Sub-Committee members. Furthermore we were all treated to a massive cream sponge cake at morning tea which went down rather well! Thank you Julie, for your show of appreciation.

Tuesday 19th July 09:45 IN-HOUSE ACTIVITY – Families, Favourites & Fantasies. This will be a fun meeting with a lot of interaction. Come along with an open mind, and a sense of humour. See you all there, this will be a very entertaining morning!

Tuesday 26th July 08:30 BUS TRIP – XMAS IN JULY. The Heritage, MT TAMBORINE. The bus will leave North Lakes Bus Station at 08:15 and Masters car park at 8:30. We will be stopping for one hour in the famous Gallery Walk prior to moving on to our lunch venue. If you require further details please contact Carmen. This event must be paid for in advance. www.theheritage.net.au

Tuesday 2nd August 09:4 MONTHLY GENERAL MEETING. This is our usual gathering of members and visitors as our Executive Committee run through our agenda, look for ideas, enter into open dialogue and take votes on certain venues. These meetings are the corner stone of our ongoing weekly events and involvement in our local community.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

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Sudoku

	5		2			3	7	
			1					9
		3		8		1		
			9		6		4	5
	9			7			6	
3	4		8		5			
		9		4		7		
5					8			
	7	1			9		3	

Expert Sudoku

Fancy yourself as a sudoku pro? Try this one

		2		3				5
	3		2					1
9						6		
					8			
1	8		7	5	6		2	4
			9					
		5						8
8					9		4	
7				4		2		

Crossword Solution from last issue

A	G	H	A	S	T		M	A	L	L	A	R	D
T		E		A		C	I		E		G		E
H	E	A	R	T	B	U	R	N		M	A	G	I
L		R		I		R		I		M		R	A
E	A	S	E	S		A	F	O	R	E	S	A	I
T				F		R		N				V	E
E	X	A	M	I	N	E		S	E	A	M	A	N
		D		E					B			T	
		E	V	A	D	E	D		L	O	U	D	E
S		A							R		U		N
C	E	N	T	U	R	I	E	S		D	R	A	I
A		T		N		F		T		A		C	K
R	E	A	T	A		T	A	R	A	N	T	U	L
E		G		R		E		E		C		T	R
D	R	E	A	M	E	R				D	E	P	E

Crossword 6445

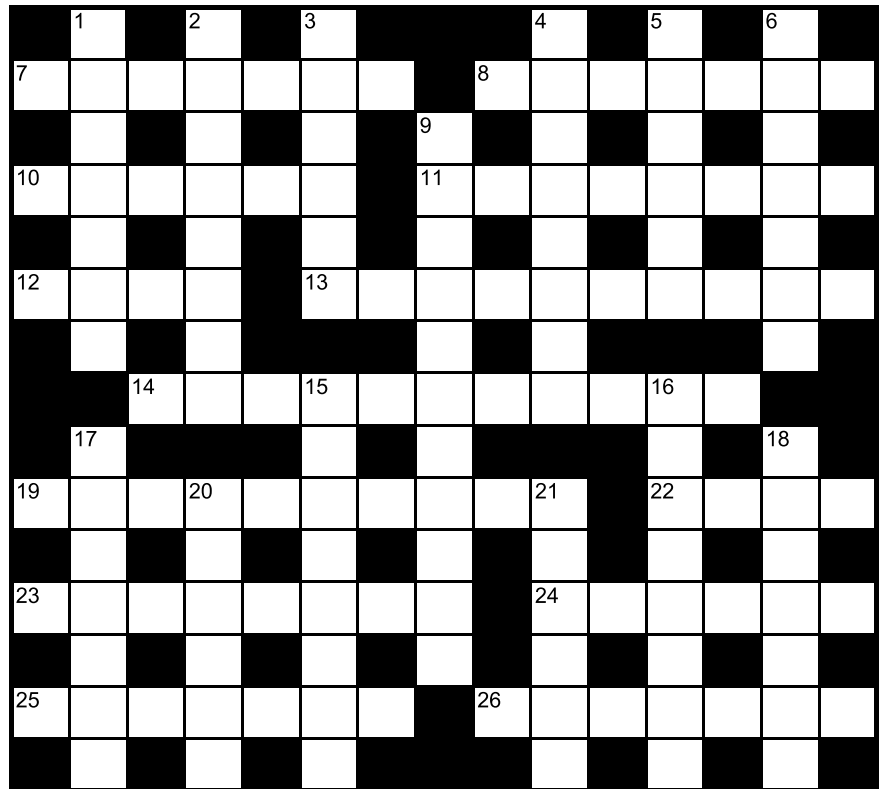
Kindly provided by famous skateboarder - Laurie Stibbe

ACROSS

- 7 More frequently
- 8 Stronghold to shelter people
- 10 Shooting star
- 11 Road intersection
- 12 Pierce
- 13 Kangaroo dogs
- 14 Plants grown for beauty
- 19 Coalesce
- 22 Deal with reasonably well
- 23 Vertebral column
- 24 Very sad, involving grief
- 25 Hand thrown bomb
- 26 Liberty

DOWN

- 1 Has emotional impact upon
- 2 Recall from memory
- 3 Reduce file fragmentation
- 4 Glancing rebound of bullet
- 5 Bahamas capitol
- 6 Polite close to a note
- 9 Increased speed of vehicle
- 15 S. Amer. Arboreal snake
- 16 Produces breast milk
- 17 Makes less effective
- 18 Fruit resembling a peach
- 20 A feeling of pleasure
- 21 Constituting full quantity



The Messenger Handy Hints

Clean baby toys in a mixture of 4 tablespoons of baking soda and 1 quarter cup of water.



To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakemessenger.com.au

Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	000
NL/MH Police:	3482 1444
Crime Stoppers:	1800 333 000
SES:	132 500
Health Advice:	13432 584
Wildlife Rescue:	0401 350 799
RSPCA:	1300 363 736
Dakabin Pound:	3886 0357

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivvi on 0407238163

A.C.M.A. MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Lou, National Manager Wealth Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

AI-ANON. If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For further information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

ALL WELCOME at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alpm.murumba.east@gmail.com

ANGLICAN CHURCH OF NORTH LAKES We are a Contemporary Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit www.thelakesanglican.org.au

ANGLICAN CHURCH St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. Fr Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Bramble Bay Parish.

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non cliky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

ARANA VIEW CLUB LUNCHEON MEETING 10.30am to 11.00am on Wednesday 6th July 2016 at Arana Leagues Club, Dawson Parade, Keppera. Guestspeaker, Murray Altham, Author of 'Choose Excellent Health'. Cent Auction and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 4th July. Arana VIEW meets on the first Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. www.thesmithfamily.com.au/view

ARE YOU A SINGER? Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned adult 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft times, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Studies, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'ullah Phone: 07 38861567 Email: [Moreton Bay LSA \[mbirlsa.sec@gmail.com\]](mailto:Moreton Bay LSA [mbirlsa.sec@gmail.com]) Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials

4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

BRENDALE EVENING VIEW CLUB meet for dinner on the third Tuesday of the month at Wintania Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS. We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BURPENGARY ANGLICAN CHURCH Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 5.30pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Close Poets set yourself free in a friendly nurturing environment. Cmon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your life for the better, take the first step.

CABOOLTURE FAMILY HISTORY RESEARCH. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrv55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409 057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

CENTRAL LIONES CLUB Lions Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gail Bust 3284025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffes@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic wonder, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classic_music_girl@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CRAFT AND COFFEE MORNING: Pine Rivers QCWA Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each Month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up extra \$1.00. Phone 3284 6451 for further information.

DECEPTION BAY ANGLICAN CHURCH - Parish of Freshwater. 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY GIRL GUIDES enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursdays 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Blood 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet. Golf croquet is played Tues & Fri 8:30 am and Tues 3:00 pm. Ricchet is played Mon 9:00 am. Association is played Wed 9:30 am and Sat 8:30 am. Gateball is played Fri 3:00 pm. All forms of croquet can be enjoyed by any age group. We also hire out the club for croquet parties that the whole family can participate in. You are most welcome to phone the club on 3283 2924 with any queries.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph 32845795 Email pfag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table?

Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, cnr Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 040725 1274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help. For more information and questions answered call or txt Bryan on 042833 7325

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc. meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chriseer@gmail.com to find out more

HISTORY REDCLIFFE holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to info@historyredcliffe.com.au or www.historyredcliffe.com.au

JP BOOTH MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email prsc2c@gmail.com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Galene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Sansonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

LADIES 50 - 60s age bracket needed for social tennis, played at Chermide Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CAR CLUB Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LINE DANCING TUESDAY 9.45 am - 12 noon, Friday 12.15 pm - 2.15 pm. Come along, make new friends in a friendly, social atmosphere. Large dance floor and musician live on stage. Morning/afternoon tea, Lucky door prize. Redcliffe Senior Citizens, 401 Oxley Ave; contact Tonto 0418 796 936. Marlene 3880 3223, Lorna 3889 3121 for more info.

LIONES CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONES CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmtyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

LORDS AND LADIES ASSEMBLY Mousetrap's upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Lerps. Performances are July 29 & 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am, the fourth Monday of every month at Freemasons Centre Seaville Av. Scarborough, on the Redcliffe Peninsula. Our friendly Ladies, who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The

CommunityHouse 1 Laminton Drive, off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayeclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NARANGBA ANGLICAN CHURCH Anglican Parish of Freshwater, 45 Pitt Rd, Burpengary Weekly Worship Services at 5.30pm Sat evenings. Visitors very welcome. Please stay for a coffee with us after the service.

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoop@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Comford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK Next meeting Tuesday 7th of June. Topic Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids' church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal shelter dedicated to the care and rehoming of stray and surrendered cats and dogs. PAA (est. 1971) is run entirely by volunteers, and is located at 313 Duffield Road, Clontarf. For more information about adopting, bringing in an animal, volunteering, our Hydrobath or other ways to be involved visit www.peninsulainimalaid.com.au or phone 3284 1927.

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS SENIOR CITIZENS CLUB Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac Avenue (opp red rooster) for further info please ring Shirley on 38863184 or email prssc2@gmail.com.

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW CLUB meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PINE RIVERS QCWA Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 5151.

PLAYGROUP MANGO HILL 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmrpf1@eeq.edu.au

PLAYGROUP REDCLIFFE 9:30am Monday to Friday, 1 Richards St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am - 11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Join 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE INC. The Club is for Male and Female Retirees seeking Fellowship and Fun. We enjoy Entertainment, Coach Trips, Cruises, Dine-Outs, Local and QPAC Theatre Days, Lawn Bowls, Beach BBQs and Coffee Mornings. Meetings - second Monday of each month at the Moreton Bay Boat Club. Contact President Roslyn Johansson 3888 2802, 0423 708 443, bj99986@bigpond.net.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480

5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde. Scarborough.

QUOTA INTERNATIONAL OF NORTH LAKES INC. Ladies living on North Lakes or surrounds – Looking to make new friends? Serve your local community and be involved in an international project? Attend regular social events? Why not join us? We meet at North Lakes Health Precinct second Monday of each month 5.30 for light supper then Business Meeting 6p-8pm. For more information Tel Brenda 0408498387 or Glynis 0413010088

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 am, at 10-30 am, in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOR practises weekly in the Rothwell area, Monday nights from 7:15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5879.

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00PM. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry \$ 4.00.

REDCLIFFE EXSERVISE WOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservise women of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE GATEBALL CLUB welcome all players aged between 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 -1:30p "Grandefine" cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE BALADES PROBUS CLUB Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Noelene 3203 6889.

REDCLIFFE MULTITUDE CHOIR is a non affiliated community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book! Our next concert is on August 10- 10am Cultural Centre Redcliffe 56.50 "Kaleidoscope". Lots of laughs and fun- I'm sure you will enjoy the morning. President Janice 3889 4701

REDCLIFFE PENINSULA PROBUS CLUB Inc. Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Sutons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslc.com.au

REDCLIFFE PENINSULA VIEW CLUB extends a warm welcome to ladies who are looking for a new interest to join us on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

REDCLIFFE POTTERY GROUP is due to hold Semester 3 hand building pottery classes for beginners commencing on 25th July for Monday class and 30th July for Monday class. Fees will be \$100 for 2 hours lesson over 6 weeks including clay, firing and glazes. For more details and the application form, visit our website on www.redcliffepottery.org.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redclifferrugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redclifferrugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 041 Oxley Ave, Redcliffe, 4020. Membership \$8 with joining fee \$2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hov, Snooker, Vogue Dancing, 500, Line Dancing, Pilates & Gung Cheung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SENIORS COMPUTER CLUB - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page www.rssc.com.au

REDCLIFFE SNOOKER CLUB INC. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$5.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality \$2ta tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffetta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 am, at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information

available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richards St, Redcliffe. Never boring, always engaging! Download our APP Redcliff Uniting or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break, beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0413 1286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on ksgleader@outlook.com or 0423158135.

SEASONS A Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

SHED HAPPENS FOR MEN on 4th Monday of each month John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB. Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi-retired) are welcome. Phone Kevin on 3881 1282 or email mhdh@hotmail.com.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monks@gmail.com

SPECIAL OLYMPICS MORETON NORTH INC. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822055 or email 50MM.louise@outlook.com.

SPINAL LIFE AUSTRALIA'S Moreton Bay Spinal Injuries Network will meet at 1.00pm on Wednesday 6 July at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur. New members welcome. For more information phone Spinal Life Australia on 3391 2044.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SWIMMING CLUB Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners through to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email australianswimclub@gmail.com for more info.

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffetta@gmail.com.

TEAR GROUPS are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

THE USA PINE RIVERS will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as theatre and bus trips or renew membership.

USA REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliff.org.au. More information is on the net at www.u3aredcliff.org.au

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information phone: 3283 7118 or 0424 671 554 or email wrcrdcliff@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday of each month. Interested? Further information may be obtained by contacting info@zontaredcliff.org.au Or: 0457426806

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